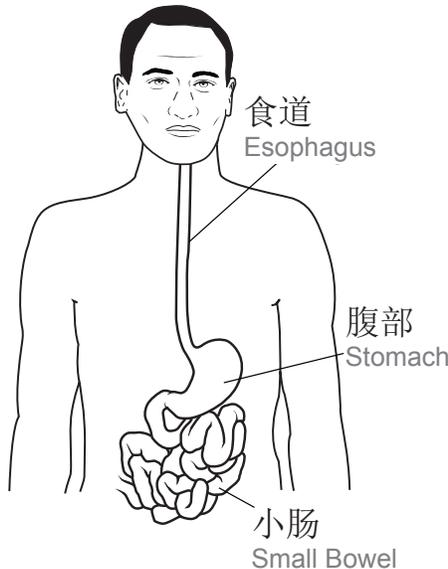


# 胃轻瘫

## Gastroparesis

Delayed stomach emptying is called gastroparesis. Your stomach has muscles and nerves that work together to push food down into your small intestine. The small intestine breaks down food so that your body has nutrients and energy. This process is called digestion.

Gastroparesis is a condition where the muscles and nerve signals between the stomach and the intestines does not work well. The movement of food from the stomach to the intestines slows down or stops. Gastroparesis means stomach paralysis.



胃排空延迟称为胃轻瘫。胃里的肌肉和神经一同工作将食物推向小肠。小肠降解食物让身体获得营养和能量。这个过程称为消化。

胃轻瘫是胃和肠之间的肌肉和神经信号功能不良的情况。食物从胃到肠的运动变缓或停止。胃轻瘫意味着胃的瘫痪。

### Causes

The cause of this disease is not always known. The most common cause is diabetes where high blood sugar damages the nerve around the stomach.

Other cause include:

- Surgery to the stomach, intestines or abdominal area.
- Low thyroid called hypothyroidism
- Eating disorders such as bulimia or anorexia.
- Medicines, such as narcotics, that slow the digestive tract.
- Other health conditions, such as autoimmune disease, certain cancers, Parkinson's Disease, stroke and infections.
- Certain treatments for health problems.

### 原因

发病原因并不总是明确的。最常见的原因是糖尿病，高血糖损坏了胃周围的神经。

其他原因包括：

- 胃、肠或腹部手术
- 甲状腺功能低下，即甲状腺功能减退症
- 进食障碍如暴食症或厌食症。
- 药物，如镇定剂，减缓消化道工作。
- 其他健康问题，如自身免疫疾病、某些癌症、帕金森症、卒中和感染。
- 健康问题的某些疗法。

## Signs

Signs may be mild to severe. Raw fruits and vegetables, high fiber foods, fatty foods and carbonated drinks can make signs worse.

Signs include:

- Nausea
- Vomiting undigested food
- Heartburn
- Bloating
- Pain or spasms in the stomach area
- Lack of appetite
- Feeling full after a few bites of food
- Very high or very low blood sugar levels

## Testing

After a physical exam, you may have blood tests. Other tests may be done to check for stomach or intestine blockage or other problems. Tests may include:

- Upper endoscopy: This test allows the doctor to see inside your mouth, esophagus and stomach. A thin tube that has a light and camera inside is put in through your mouth and passed down into your stomach.
- Ultrasound: This test uses sound waves to get pictures of the organs in your abdomen.
- Barium x-ray: During this test, you will be given a drink that has barium in it. The barium shows up on the x-ray to show how well your stomach works.

## 症状

症状可能从轻微到严重。生果蔬、高纤维食物、高脂肪食物和碳酸饮料可使症状加重。

症状包括:

- 恶心
- 呕出未消化的食物
- 烧心
- 腹胀
- 胃痛或胃痉挛
- 食欲不振
- 少量进食后有饱腹感
- 血糖水平太高或太低

## 检测

体检后，抽血检测。也可能做胃或肠阻塞或其他问题的检查。检测可包括:

- 上消化道内视镜检查: 该检查可以让医生看到您口腔、食道和胃内状况。带灯头和相机的细管从您的口腔进入，向下进入胃里。
- 超声波: 该检查利用声波得到您腹腔内器官的图像。
- 钡餐造影: 检查时，您要喝下一杯含钡的饮料。钡会在X光上显现，显示您的胃功能状况。

Your doctor may order tests to check how fast your stomach empties.

- Gastric emptying scan: You would eat a small meal that has a very small amount of radioactive material in it. A camera is used to scan the movement of the radioactive material to measure how fast your stomach empties after the meal.
- Wireless capsule monitor: You swallow a small capsule device that sends information to a recorder that wear around your neck or clip to your belt. Your doctor is able to check how fast your stomach empties and how fast food and liquids pass through your intestines. The capsule is passed in your bowel movement.

## Treatment

The goal of treatment is to manage the signs you have. Sometimes treating the cause may stop gastroparesis. Sometimes treatment may not completely stop gastroparesis. Treatment may include:

- Medicines.
- Changing your eating habits, such as eating 6 small meals each day. Your doctor or dietitian may also have you try eating liquid meals to help control your signs. You may also need to avoid alcohol, carbonated drinks and limit high fiber and high fat foods.
- Controlling your blood sugars if you have diabetes. You may need to check your blood sugar levels often and work closely with your doctor or diabetes educator to adjust your insulin.

您的医生可能会要求检查您的胃排空速度。

- 胃排空扫描：您会少量食用含很小剂量放射物质的食物。使用相机扫描放射物质运动状况，以测量您的胃排空速度。
- 无线胶囊监控器：您吞下一个小胶囊设备，它会发送信息至您颈部佩戴的或夹在您皮带上的接收器。您的医生能够检查您的胃排空速度以及食物和液体通过小肠的速度。胶囊可通过排便排出。

## 治疗

治疗目的是控制症状。有时针对病因进行治疗，会使胃轻瘫消失。有时治疗不会使胃轻瘫完全消失。治疗方法包括：

- 药物
- 更改您的饮食习惯，比如每天吃6小餐。您的医生或营养师可能也会让您尝试流食，以控制症状。您可能也需要避免酒精、碳酸饮料和限制高纤维和高脂肪食物。
- 如果您有糖尿病，请控制您的血糖。您可能需要经常检查您的血糖水平，并和您的医生或糖尿病教育者紧密合作，调整胰岛素用量。

- Gastric electrical stimulation that uses a battery powered device to send signals to muscles in the wall of the stomach. It helps to decrease nausea and vomiting.
- Surgery to place feeding tubes if other treatments are not helping.
- 胃电刺激是使用一个以电池为动力的设备向胃壁肌肉发送信号。它有助于减少恶心和呕吐。
- 如果其他治疗方法不起作用，则进行饲管放置手术。

**Talk to your doctor or nurse if you have any questions or concerns.**

**如果有任何疑问或担心，请咨询医生或护士。**